So Scott in the movie has an on-going joke where anytime his hair is mentioned he puts on this ugly ass hat Your hair's getting shaggy

So Scott and Wallace's house is listed as 27 Alberta Avenue, Toronto, Canada, Ontario, Canada. The location that he goes to meet his sister is Bloor Street West, Toronto, Ontario, Canada.

This makes the distance between Scott's house and the cafe about 4.5 kilometers. Nothing more to it, that's our distance times two (Since he ran there and back in a single timeframe), so 9 kilometres.

Now for speed, due to nobody noticing him leaving whatsoever, and we simply see him with the hat on, we'll assume he's moving so fast that nobody's eyes can legitimately track him This would mean he is moving within 13 milliseconds. Quite fast going off of that alone

Final Equation

9(km)/.013(s) = 692308 metres per second (Massively Hypersonic)
Scott pilgrim is so scared of people seeing his shaggy hair he will run at the speed of lightning to grab it, pretty cool